

PICK A BETTER SNACK



About

Pick a **better** snack™ is an evidence-based program to encourage children and families with low-incomes to eat more fruits and vegetables and live active lifestyles. Through monthly nutrition lessons in the classroom, K-3 grade students learn about and taste different fruits and vegetables in a positive environment. Students are equipped with information and materials to share with their families.

Strategies

To complement the classroom lessons, policy, system and environmental changes are encouraged to promote healthy choices. Schools receive support and assistance with school gardens and other farm to school activities as well as physical activity interventions. Social marketing campaigns further support healthy eating and physical activity.

Partners

The Iowa Department of Public Health (IDPH) collaborates with the Iowa Department of Human Services to administer the program. In local communities, IDPH partners with school districts, county public health, Iowa State University Extension and Outreach county offices and a community action agency to deliver the program to more than 24,000 students in 22 school districts, 118 elementary buildings.

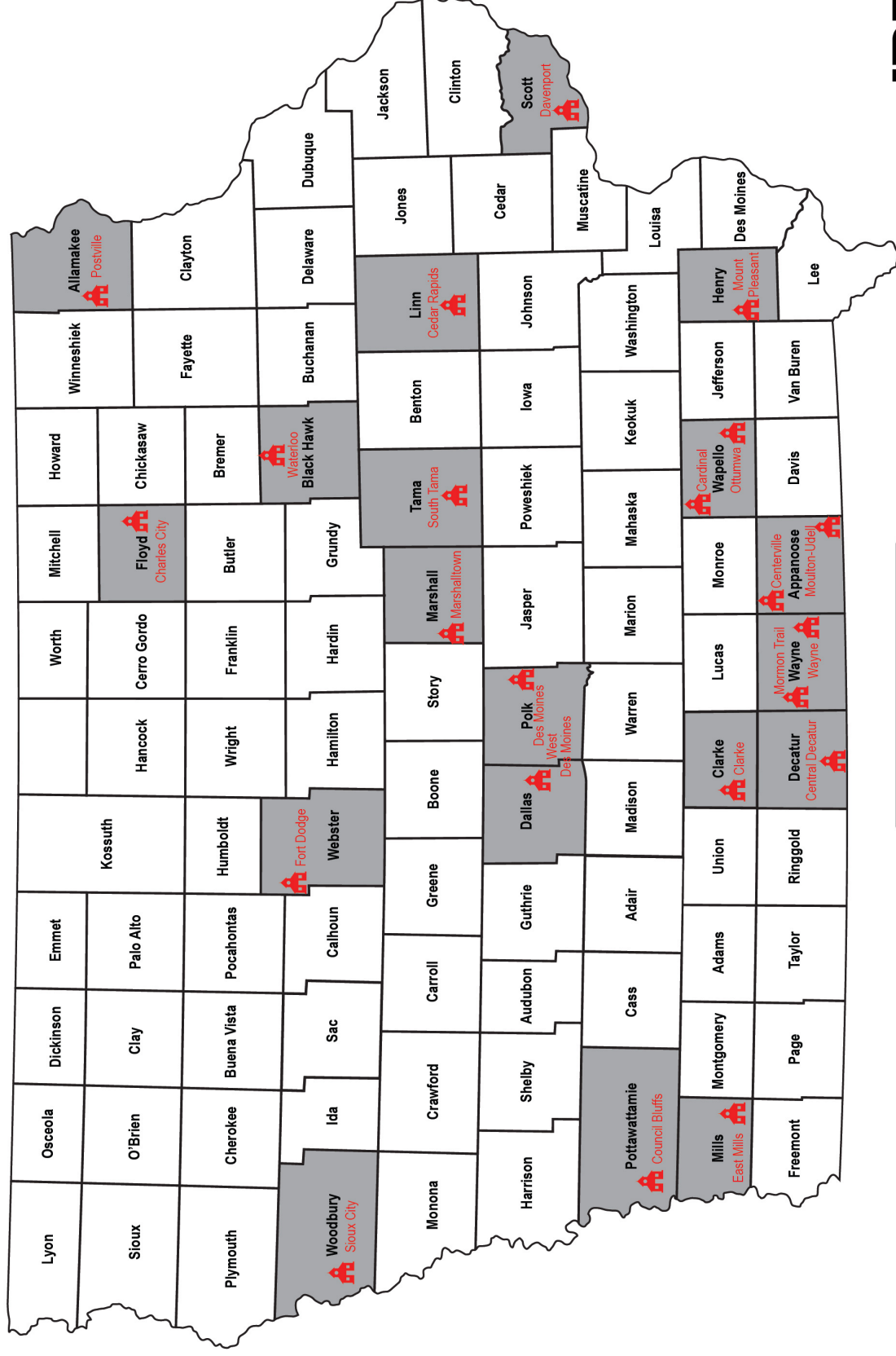
Financial Support

Funding for the program comes from USDA's Supplemental Nutrition Assistance Program Education, known as SNAP-Ed. IDPH used a competitive process to equitably award schools across the state. Eligible schools had at least 55% (rural areas) or 60% (urban areas) student participation in free and reduced price meals.

<https://idph.iowa.gov/inn/pick-a-better-snack>

Iowa Nutrition Network School Grant Program: 2020-2021

Pick a better snack™



- 24,000+ K-3 students
- 22 participating school districts
- 118 elementary schools
- 18 project contractors
- 19 counties

 **Participating School Districts**

 **Project Contractors**



IDPH
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